

MAY

ACTIVITIES . CELEBRATIONS . EVENTS . RECREATION

Monthly Activity Calendar

a GoldenLife  Community

GRANDE AVENUE *Village*



Come join us for coffee, tea, and light snacks daily in the pub

- 9:45 AM
- 2:30 AM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>9:45 and 10:30 Fitness w Weights(EC) 1:30 BINGO (GR) 2:30 Knitting Group (CR) 7:00 Cards (GR)</p>	<p>9:45 and 10:30 Fitness w Bands (EC) 1:15 Brain Games (CR) 3:00 Happy Hour with Liz Wilson (P) 7:00 Cards (GR)</p>	<p>9:45 and 10:30 Fitness w Weights (EC) 1:15 Shuffleboard (GR) 2:30 Coloring Group (CR) 7:00 Cards (GR)</p>	<p>7:00 Movie Night (T)</p>
<p>5 2:30 Coffee and Conversation</p>	<p>6 9:45 and 10:30 Cardio Drumming (EC) 1:15 Wii Bowling (P) 1:15 Bridge (GR) 3:00 Arm Chair Travels (T) 7:00 Cards (GR)</p>	<p>7 9:45 and 10:30 Fitness w Bands (EC) 2:00 Floor Curling (GR) 7:00 Cards (GR)</p>	<p>8 9 - 2 Covid Booster Shot (T) 9:45 and 10:30 Fitness w Weights(EC) 1:30 BINGO (GR) 2:30 Knitting Group (CR) 7:00 Cards (GR)</p>	<p>9 9:45 and 10:30 Fitness Video (EC) 1:15 Brain Games (CR) 3:00 Happy Hour with Eric (P) 7:00 Cards (GR)</p>	<p>10 9:45 Fitness w weights (EC) 10:30 Chair Yoga with Melanie (EC) 2:30 Coloring Group (CR) 7:00 Cards (GR)</p>	<p>11 7:00 Movie Night (T)</p>
<p>12 Happy Mother's Day</p>	<p>13 9:45 and 10:30 Cardio Drumming (EC) 1:15 Wii Bowling (P) 1:15 Bridge 2:00 Monday Movie Matinee 7:00 Cards (GR)</p>	<p>14 9:45 and 10:30 Fitness w Bands (EC) 2:00 Floor Curling (EC) 3:00 Dwayne Fettig Special Concert (P) 3:00 Billiards/Pool(GR) 7:00 Cards (GR)</p>	<p>15 9:45 and 10:30 Fitness w Weights(EC) 1:30 BINGO (GR) 2:30 Knitting Group(CR) 7:00 Cards (GR)</p>	<p>16 9:45 and 10:30 Fitness w Bands (EC) 11:00 Church Service (T) 11:45 Lunch at Chinese Wok 1:15 Brain Games (CR) 3:00 Birthday Party Happy Hour w Kelly Kalden (P) 7:00 Cards (GR)</p>	<p>17 9:45 and 10:30 Fitness w Weights(EC) 11:00 Spring Wreath Craft (CR) 2:30 Coloring Group(CR) 7:00 Cards (GR)</p>	<p>18 7:00 Movie Night(T)</p>
<p>19 2:30 Coffee and Conversation</p>	<p>20 7:00 Cards (GR)</p>	<p>21 9:45 and 10:30 Fitness with Bands 11:15 Cross Iron Mall Trip 2:00 Floor Curling 3:00 SAUCIE Sing A Long (P) 3:00 Billiards (GR) 7:00 Cards (GR)</p>	<p>22 9:45 and 10:30 Fitness w Weights (EC) 1:30 BINGO (GR) 2:30 Knitting Group(CR) 7:00 Cards (GR)</p>	<p>23 9:45 and 10:30 Fitness w Bands (EC) 1:15 Brain Games (CR) 3:00 Happy Hour with Nathan Thompson (P) 7:00 Cards (GR)</p>	<p>24 9:45 and 10:30 Fitness w Weights (EC) 10:30 Chair Yoga with Melanie (EC) 11:00 Coffee Talk w RCMP 2:30 Coloring Group (CR) 7:00 Cards (GR)</p>	<p>25 7:00 Movie Night (T)</p>
<p>26 2:30 Coffee and Conversation</p>	<p>27 9:45 and 10:30 Cardio Drumming (EC) 11:15 RCMP Office Tour 1:15 Wii Bowling (P) 1:15 Bridge (GR) 2:00 Monday Movie Matinee 7:00 Cards (GR)</p>	<p>28 9:45 and 10:30 Fitness w Bands (EC) 11:15 Water Valley Saloon Lunch 2:00 Floor Curling (EC) 3:00 Billiards (GR) 7:00 Cards (GR)</p>	<p>29 9:45 and 10:30 Fitness w Weights (EC) 1:15 Village Meeting (P) 1:30 BINGO (GR) 2:30 Knitting Group (CR) 7:00 Cards (GR)</p>	<p>30 9:45 and 10:30 Fitness w Bands (EC) 1:15 Brain Games (CR) 3:00 Happy Hour with Rob Mann (P) 7:00 Cards (GR)</p>	<p>31 9:45 and 10:30 Fitness w Weights (EC) 11:00 Library Presentation 1 - 3 HearCanada Screening 2:30 Coloring Group (CR) 7:00 Cards (GR)</p>	



BIRTHDAYS & ANNIVERSARIES

- Janet Brindle May 1
- Jan Tranter May 2
- Iola Whiteside May 3
- Barb Kemppainen May 12
- Jim Hendricks May 18
- Jo Hutchinson May 21
- Don Hands May 26
- Tom Stenhouse May 28
- Don McRea May 30



BUS SCHEDULE

Mondays 1:00-3:00pm
 Wednesdays 1:00-3:00pm
 Fridays 10:00-12:00pm